

Suicide Prevention:



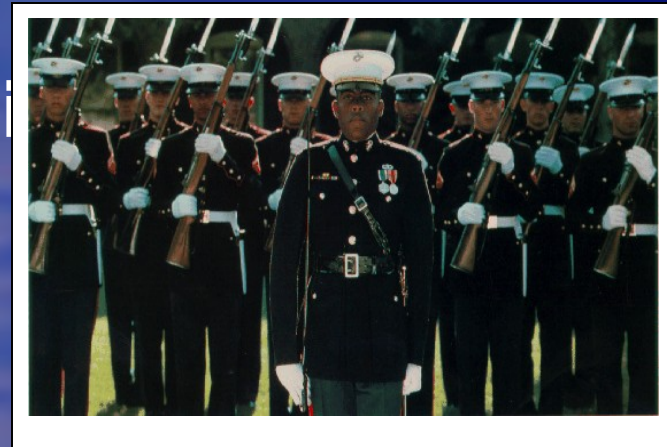
Taking Action-

Suicide: A Serious Public Health Threat

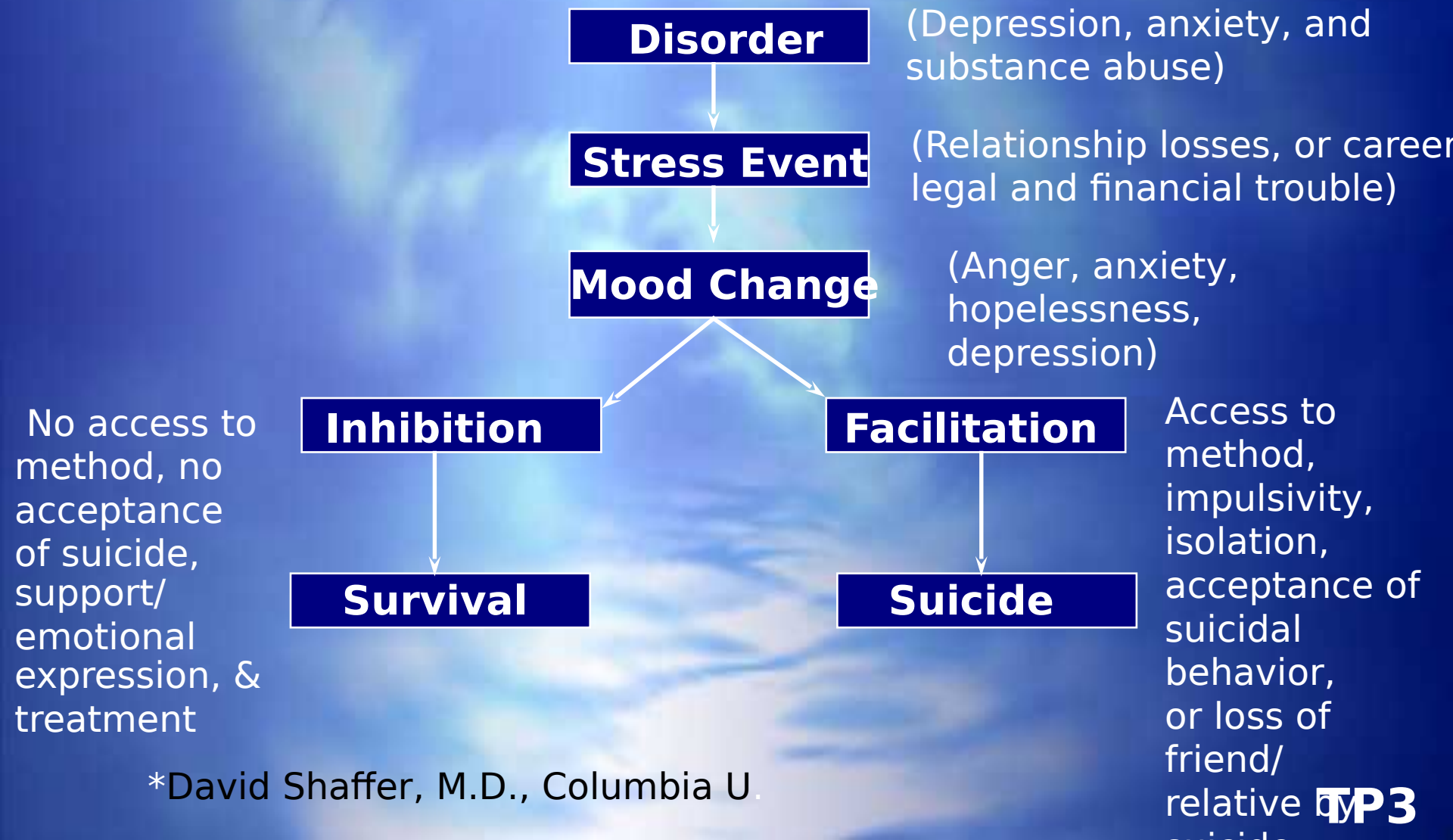
- A National Problem
- A Military Problem
- For over 10 years suicide was either the second or third leading cause of death for



and Marine



Suicide Model*



Do You Know. . . .?

- **What is the no. 1 method of most completed suicides?**
- **This substance is involved in almost all suicide attempts.**

First Responders

- Recognize someone is at risk for suicide
- Have the courage to help someone in need
- First Responders can be anyone



Suicide Prevention Training Objectives

- Describe warning signs of suicide
- Identify protective factors
- Use acronym AID LIFE to recall 7 action steps
- Discuss positive characteristics of FIRST RESPONDERS
- Identify local resources for help and support

Risk Factors & Common Signs

KEY RISK FACTORS:

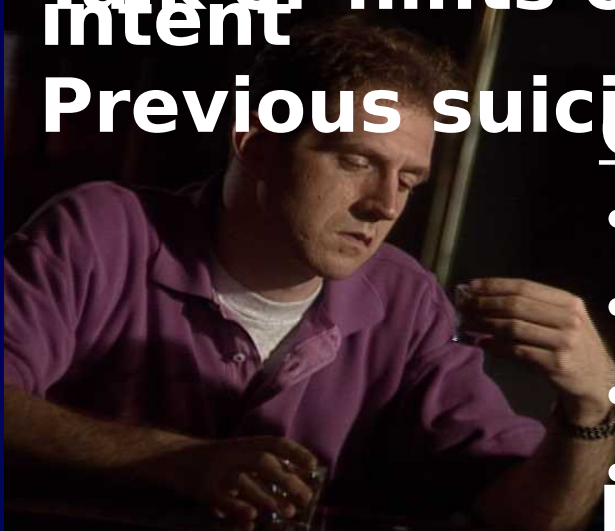
Depression/Substance
abuse

Talk or hints of suicide
intent

Previous suicide attempt

Other Common Signs

- Preoccupation with death
- Giving away possessions
- Relationship difficulties
- Impulsive anger and behavior
- Legal or financial trouble
- Isolation or withdrawal
- Performance difficulties



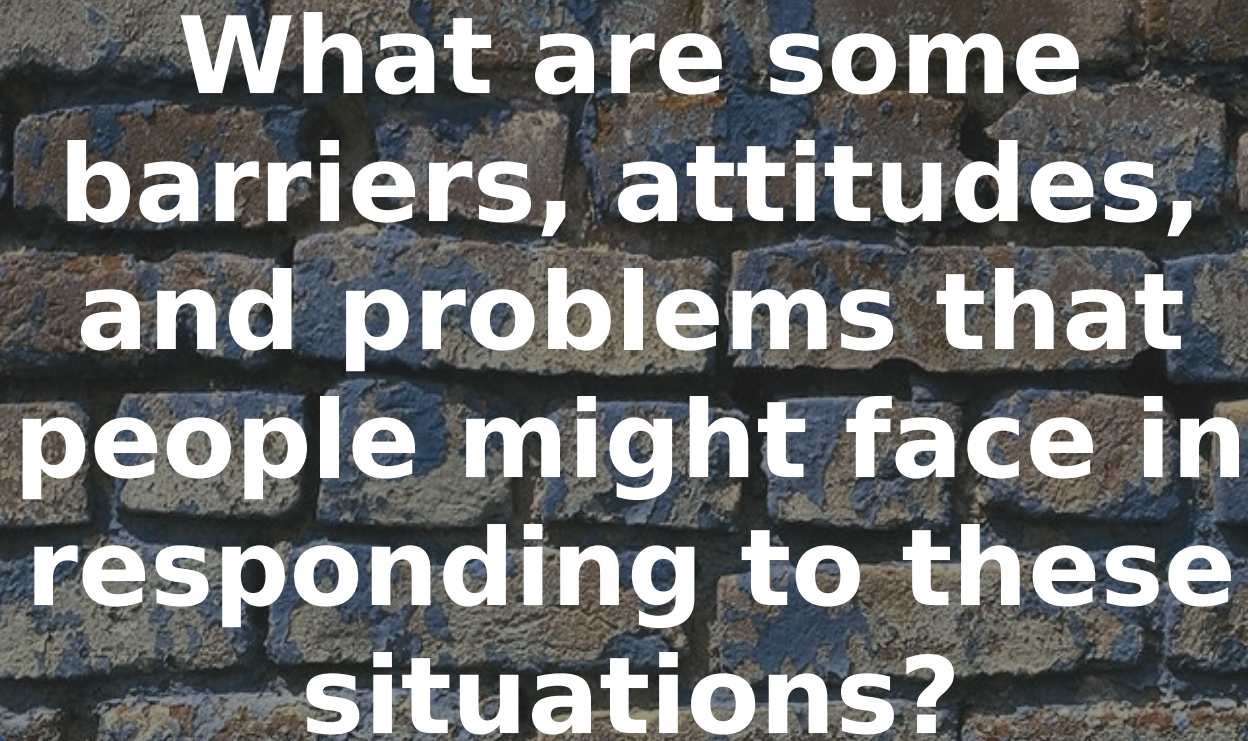
Strengthen and Increase Protective Factors

- Acceptance/Support by others
- Early intervention by command
- Good problem-solving skills
- Optimistic outlook
- Positive attitude about getting help early
- Spiritual support

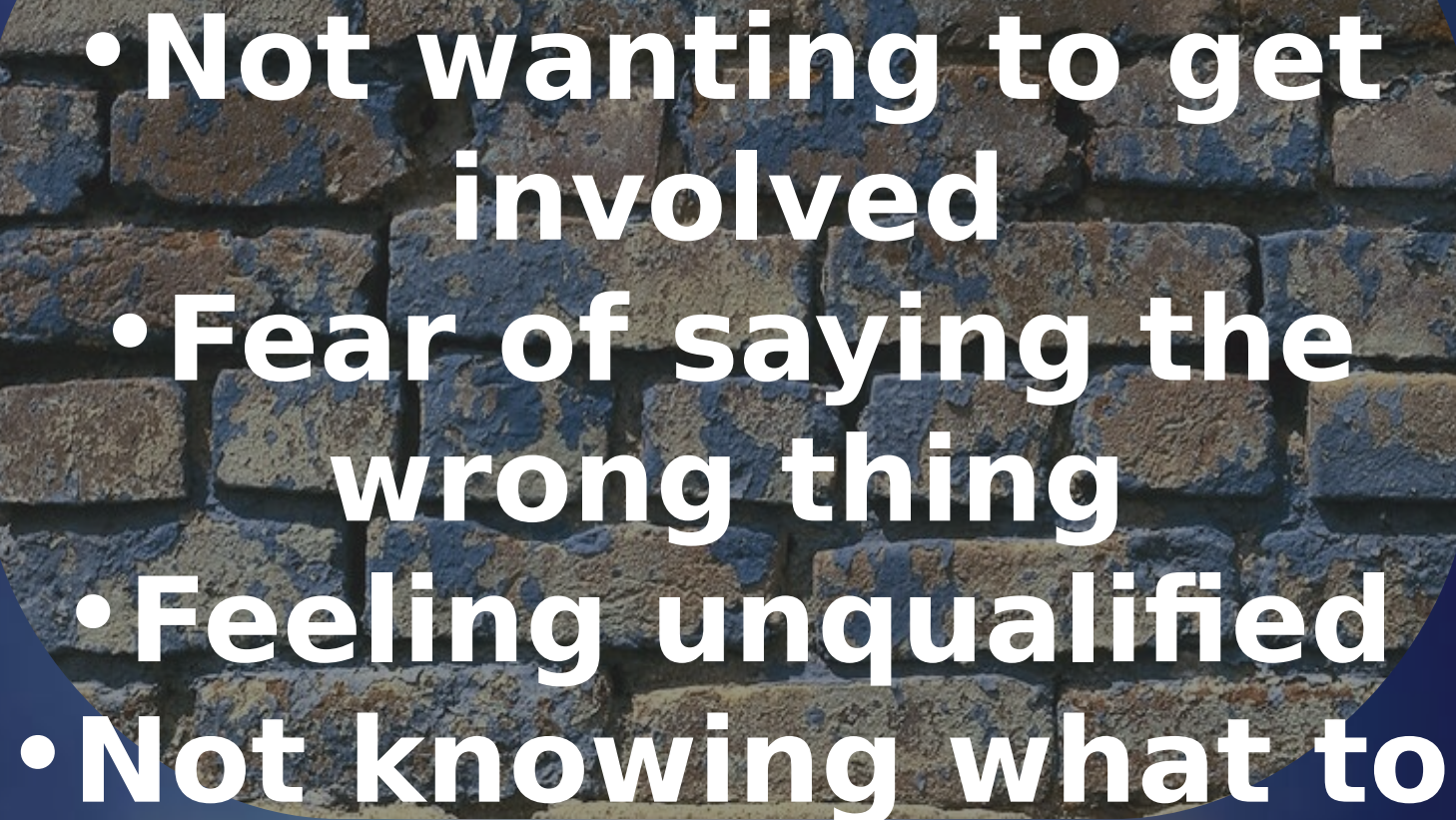
Positive Steps of First Responders

- Take responsibility for taking care of a Shipmate or fellow Marine
- Know it is OK to help
- Listen
- Act immediately
- Seek assistance from Chain of Command





**What are some
barriers, attitudes,
and problems that
people might face in
responding to these
situations?**

- 
- **Not wanting to get involved**
 - **Fear of saying the wrong thing**
 - **Feeling unqualified**
 - **Not knowing what to do**

Possible Local Resources

Family Service Centers

Marine Corps Community Services

Mental Health Services

Medical Services

Chaplains

Marriage and Family Counselors

Substance Abuse Counselors

Financial Advisors



Ask

Intervene Immediately

Don't Keep It a Secret

Locate Help

Inforn Chain of Command

Find Someone

Expedite

SUMMARY

- Warning Signs

- Protective

- Factors

- Responders

- Local

- Resources